

# SCAVENGER

DAREBEE CARDIO WORKOUT @ [darebee.com](https://darebee.com)

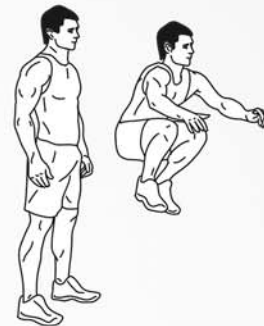
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**60** high knees



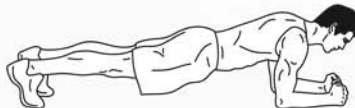
**30** lunge step-ups



**3** jump knee-tucks



**20sec** plank



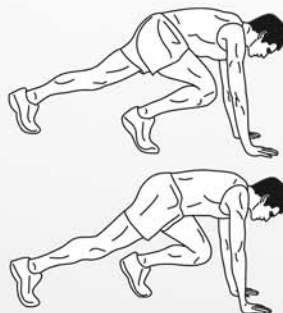
**20sec** elbow plank



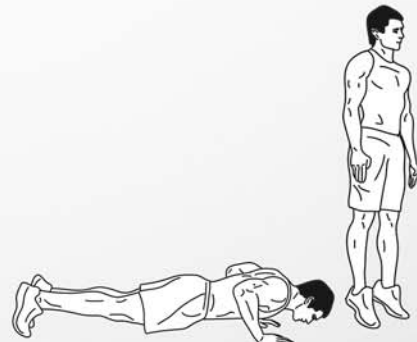
**10** plank crunches



**60** high knees



**30** climbers



**3** burpees